



## Eating Recovery Center, The Woodlands Support Groups

*Free and open to anyone seeking  
eating disorder recovery support.*

### **Date: First Wednesday of Every Month**

Dates for these group are ongoing.

### **Adult Support Group**

**Time: 12-1 PM**

Eating Recovery Center  
17350 St. Luke's Way, Suite 220  
The Woodlands, TX 77384

### **Adolescent Support Group**

**Time: 4-5 PM**

Eating Recovery Center  
17350 St. Luke's Way, Suite 220  
The Woodlands, TX 77384

### **Group Description:**

ERC Support Groups are ongoing, complimentary support groups for individuals struggling with an eating disorder including anorexia, bulimia, binge eating disorder and other disordered eating issues. Prior treatment at ERC is not required. There is no cost to attend and no need to RSVP. All ERC support groups are led by ERC clinicians. *Please note: Group facilitators may shift based on staffing needs.*

### **For More Info:**

Call (281) 223-1388 or email [Alumni@EatingRecovery.com](mailto:Alumni@EatingRecovery.com)



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